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**Identifying social
stigmas that can
inhibit the recovery
process for Latina**

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**women, a guide to
overcoming
depression provides
case examples and
encouraging advice
that discusses how
to confront
depression by using
the strength of
one's Latin heritage.
Reprint. 10,000 first
printing.**

**A Step-by-Step
Guide to Help**

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Latinas Recognize and Overcome Depression

Insomnia? Gone.
Anxiety? Gone. All
without medication.
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effects from blood
pressure pills? Gone.
A cheap and effective
way to combat
cardiovascular
disease, immune
dysfunction, obesity,

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and GI disorders?

Yes. Sounds too good
to be true? Believe it.

Contemporary
science confirms what
generations of healers
have observed
through centuries of
practice: Breath
awareness can turn
on the body's natural
abilities to prevent
and cure illness. The
mental and physical

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stresses of modern life, such as anxiety, frustration, sexual dysfunction, insomnia, high blood pressure, digestive woes, and immune dysfunction can all be addressed through conscious control of your breath. In addition, it can increase energy, accelerate healing, improve cognitive

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skills, and enhance
mental balance. Yet
most of us stopped
breathing in the
anatomically “right”
way, the way to take
advantage of these
benefits, when we
were four or five years
old. We now mostly
breathe in a way that
is anatomically
incongruous and
makes for more

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illness. Dr. Vranich shows readers how to turn back the tide of stress and illness, and improve the overall quality of their life through a daily breathing workout. In a fascinating, straightforward, jargon-free exploration of how our bodies were meant to breathe, Dr. Belisa

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increase energy, help
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Your Mental and
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**Using straight
forward jargon-**

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unique

approach to

breathing

exercises. It

is a book for

people who are

looking to

address their

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fatigue,
sleeping
problems,
anxiety, and
stress - all
of which are
worsened by
shallow,
erratic
inefficient
breaths and,
consequently,

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suboptimal
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oxygenation of
the body and
brain at a
cellular
level. In
addition, the
exercises and
theory taught
in BREATHE
will result in
better

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endurance in
sports. You'll
be taking care
of yourself

from the

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Dr. Belisa's
method teaches
you to relearn
or remember
how you used
to breathe

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rather than

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motivation

that it takes

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you put aside

ten minutes a

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day for
fourteen days,
working from
your baseline,
and pushing
yourself just
as you would
in a gym or in
physical
therapy. The
result: more
energy, less

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pain, lower
cortisol (and
control of
belly fat),
less GI
problems, and
a better
immune system.
The explosion
of technology,
longer hours
spent seated

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everyone
accepts as
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problems such
as high blood
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covers all the
critical core

issues related
to oxygen,

your lungs,
and your

breathing
patterns. It

teaches you
how to breathe

in an
anatomically

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that maximizes
inhalation and
exhalation, lung
expansion, and
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out of your

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and get moving

in the right
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you the means to

answer the big
questions you

are grappling
with or the

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specific ones
that are gnawing
away at you
every day (e.g.,
Am I meant to be
with my partner?
Why can't I lose
weight? Should I
stay at this
job?). If all the
answers come
from within, as

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asked the right
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can answer and
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